

# The Inner Wave



BRAHMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY (UK)

News, insights and experiences from the Brahma Kumaris World Spiritual University (UK)

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Welcome to The Inner Wave issue 16, in which we look at some of the ways in which the food affects consciousness and vice versa. If you would like to comment on anything in the newsletter, please write to [newsletter@uk.bkwsu.org](mailto:newsletter@uk.bkwsu.org). All issues can be downloaded at [www.bkwsu.org/uk/newsletter](http://www.bkwsu.org/uk/newsletter).  
Editorial Team

## Feeding Body and Soul

Jaymini Patel



*“ We also know that thoughts and feelings affect the atmosphere. ”*

When we are stirring, rolling and baking, our thoughts - whether we want them to or not - are creating vibrations. These vibrations affect the food and so they will also affect the people who eat it. If our thoughts are positive, our vibrations will be happy and peaceful. If we are angry, upset or bored – if we are thinking of a problem at work or of someone we are not getting on with, we run the risk, as the old wives’ tale goes, of ‘curdling the sauce.’ The food will then not work; it won’t satisfy and it may cause indigestion or just a feeling of unease.

Knowing this, we see how beneficial for all it is when we cook food in spiritual consciousness - with care, love and happiness. These are the secret, special ingredients in any recipe that nourish both body and soul.

*Jaymini Patel is the Director of BK Publications. She has been studying and teaching Raja Yoga with the Brahma Kumaris for over 30 years.*

In our health and image conscious culture we know a lot about how food affects our physical health. But how aware are we of its impact on our mental, emotional and spiritual wellbeing? The link between food and consciousness works both ways: our consciousness – our state of mind, the collection of thoughts we are having - affects the food we are cooking, serving and eating, and what we eat affects our thinking.

Everyone agrees that thoughts are powerful. There are countless books on how to use the right thoughts to achieve a goal. We also know that thoughts and feelings affect the atmosphere. An atmosphere of hostility or sadness feels heavy – as if you could cut it with a knife. Similarly, the way we think affects the food we cook.

## Slow Food

Taking just-a-minute...

I become fully aware and focus on what I am eating...

Seeing it completely, tasting it fully and eating slowly...

Fully mindful of the energy and vitamins nourishing my body...

I taste more acutely, adding joy to what I eat...

My body thanking me for the physical and mental sustenance it has received.

From the *just-a-minute* meditations, downloadable free from [www.just-a-minute.org](http://www.just-a-minute.org)



## The A-Z Of Spiritual Living

### L is for Love

Love is the strength that gives you life. When you receive love, you lose fear and you can give the best in you.



From *The Gift of Peace*

The *Gift of Peace* and *just-a-minute* CDs are available from [www.bkpublications.com](http://www.bkpublications.com)

## What's Inside...

### Eating To Your Heart's Content

Anna Ziegler

*“How we eat also has an impact”*

page 2



### In My Life

Jonathan Lazell

*“It provided the confidence boost I needed.”*

page 4



### President Of India Inaugurates Brahma Kumaris Platinum Jubilee

page 4



# Eating To Your Heart's Content

Anna Ziegler



Food plays a big role in our lives. We enjoy eating. There's a saying: 'Love goes through the stomach'. When people eat a nice meal, they feel they're getting love and attention and a nurturing that is beyond the physical. We have retreats at the Global Retreat Centre every weekend and, increasingly, on weekdays, too, which means cooking for up to 200. Many guests comment that the food is very special here.

We have a pure vegetarian diet, because it's one of the best ways of purifying the mind. Fruits, vegetables and grains are full of pure, natural life energies, which bring clarity and lightness. Substances such as meat, alcohol, nicotine and drugs, on the other hand, put negative energies into the body and manifest

in negative behaviour. In a very real sense we are what we eat. However, how we eat also has an impact.

Today's lifestyle isn't very natural and we often compensate for this with eating. We 'fill' ourselves with food when we're feeling emotionally empty. We also eat to suppress certain feelings. These days it's all fast food: you feel hungry and you eat something – temporary satisfaction. Many people say they're too busy to cook – cooking is the last thing they want to do. Of course it's not possible for everyone, but eating a home-made meal, and especially with home-grown produce, is a completely different feeling. For me, it's important to give value to what I'm feeding my family and friends and myself. Life should be more than just running around; it's about being aware and seeing the value of whatever I'm doing and enjoying it.

*“ How we eat also has an impact. ”*

Eating what is on our plates in the understanding that being fed is an act of love has a very different impact than if we eat while busy working, chatting or watching TV. We won't eat too much or too quickly and we'll digest the food better. I like to eat in silence,

when possible, to enjoy that time and be present in that moment – it's like a little holiday.

We have the awareness that everything we get comes from God and so it's as if the Divine is feeding me. For me this is very healing. It's not just that my body is being fed; I also feel satisfied inside - and I don't feel any loneliness. Here is someone who doesn't need anything from me, and is just there to give, to help me restore my own balance. When I start to take what I really need from God, I am able to give myself what my body needs.

*Anna Ziegler is one of the cooks at the Brahma Kumaris' Global Retreat Centre, near Oxford. She has been practising and teaching Raja Yoga meditation for 23 years.*

· If you live near Glasgow or London you may be interested in the following events:  
**Inner Space, Glasgow** Thurs 3 Nov 7pm:  
Preparing food with love.

[www.innerspace.org/glasgow](http://www.innerspace.org/glasgow)  
**Global Co-operation House, London**  
Sun 4 Dec 2-5pm Come Dine with Us.  
[www.bkwsu.org/uk/whatson/national-events](http://www.bkwsu.org/uk/whatson/national-events)

· You can find recordings of these and other cookery events and activities at:  
<http://theinnerwave.wordpress.com>

## Vegetarian Christmas?

Being a vegetarian needn't make Christmas any less festive or tasty. A little imagination and confidence plus some fresh ingredients are all you need to create a Christmas meal that can make everyone happy.

A dish such as nut roast slots in well with the rest of the standard Christmas meal - brussel sprouts, roast parsnips and roast potatoes, etc, and you may find that any non-vegetarians present will want to try a

small helping and be surprised at how good it tastes. And there are plenty of good cake and pudding recipes that don't require eggs, like the Christmas cake opposite which always goes down well.



*“ Being a vegetarian needn't make Christmas any less festive or tasty. ”*

Christmas is a time for coming together with love – from different families, cultures and perhaps even different parts of the world. By meeting everyone's needs and presenting and serving the food in an attractive and creative way, we help to create unity and closeness and make the occasion special for everyone.





'Bringing spirituality to life' was the aim of the 40th anniversary celebrations of the Brahma Kumaris in the UK, in 2011. **The Peace in the Park Summer Festival** at the Global Retreat Centre on 25th and 26th June did just that. 2,500 people took part, enjoying the beautiful house, gardens and parkland with musical

and poetry performances, art, cookery demonstrations, children's activities, 'meditation pavilions', a labyrinth, Raja Yoga taster sessions, afternoon tea and more. Every activity showed that spirituality, whilst bringing quiet and calm, can also be creative and fun, and something the whole family can

take part in. At 5.30pm each day everyone gathered for a half hour of **Meditation for the World**, offering positive thoughts and pure wishes for humanity, particularly those in troubled lands.

[www.globalretreatcentre.org](http://www.globalretreatcentre.org)

To improve the benefit of what you cook, try these suggestions.

- Prepare your food in a clean, uncluttered kitchen.
- Assemble all the ingredients first; make sure you have everything you need.
- Get your mind into gear and as you prepare, focus on what you are doing.
- Try preparing food in meditation and silence.
- Cook with a loving attitude towards those you're going to feed.
- Before you serve the food, thank the Provider of all, give thanks to God.
- Serve the meals with a loving and generous heart to those who are eating.
- Try to eat together as a family to promote a feeling of unity.
- Share what you've made – give some of what you've made to a friend or neighbour.

## Did You Know?

- 🍊 About one quarter of the world's population enjoy a mostly vegetarian diet
- 🍊 A westernised diet containing meat requires up to 3 times as many resources as a vegetarian diet
- 🍊 Vegetarians enjoy the lowest rates of obesity, coronary heart disease and high blood pressure
- 🍊 The word vegetarian is derived from the Latin word 'vegetus', meaning lively and vigorous!

Source: The Vegetarian Society: Quick Vegetarian Facts [www.vegsoc.org](http://www.vegsoc.org)

## Recipe: Christmas Cake



1 tbs molasses  
 1 tbs lemon juice  
 1 tsp orange rind, grated  
 125 ml (4 fl oz) vegetable oil  
 300 ml (½ pint) soya milk  
 250 g (8 oz) currants  
 250 g (8 oz) sultanas  
 125 g (4 oz) seeded raisins  
 375 g (12 oz) wholemeal flour  
 1 tsp baking powder  
 1 tsp mixed spice  
 chopped nuts and marzipan for decoration (optional)

Mix the molasses, lemon juice, orange rind, oil, soya milk and fruit together thoroughly. Sift the flour, baking powder and mixed spice together and stir into the fruit mixture. Turn into a 20 cm (8 in) non-stick cake tin.

Bake at 150°C/300°F/Gas Mark 2 for 2 hours. Cover with greaseproof paper, and bake at 120°C/250°F/Gas Mark ½ for another hour or until a skewer inserted into the cake comes out clean and dry. Decorate with nuts, if desired, or cover with marzipan after baking.

From *Food and Soul*, a revised edition of which will be available in 2012 from [www.bkpublications.com](http://www.bkpublications.com)

# Snapshots from our associate organisations around the world



## Lebanon:

Sister Jayanti inaugurating the new Raja Yoga Meditation Center in the Bsalim area of Beirut on 10th June.

**Ireland:** Maeve Newe, representing Brahma Kumaris (Ireland), speaks of how we can build the inner resources to face tragedy on RTÉ Television's Heroism and Horror: a live multi-faith commemoration of 9/11 broadcast from the Dublin Fire Brigade Training Centre.



**India:** The President of India, Her Excellency Pratibha Devisingh Patil, with Dadi Janki and Dadi Gulzar at the Brahma Kumaris' Om Shanti Retreat Centre in Delhi on 16th September. Inaugurating the Platinum Jubilee of the Brahma Kumaris, the President said: "Brahma Kumaris has touched the lives of thousands of people from all walks of life from different nations, cultures, creeds and races."



## In My Life

*Jonathan Lazell*

In 2003 I had just finished my degree, had moved house, was about to start my first job as a peripatetic music teacher, and the idea of going into more than one school, liaising with parents etc was very daunting. That's when I came across Raja Yoga. It provided the confidence boost I needed. It also helped me to understand how situations are not as big as they seem and that, regardless of who we are or what we do, we are all equal - we are all souls. That helps enormously.

I can see how I am now doing things I wouldn't have dreamed of otherwise. I've taken part in an International Summer School at Chetham's (School of Music), and studied for an LRSM piano playing diploma. I teach meditation, help present a weekly local radio show on Raja Yoga, and have recently done a counselling skills course.

I have more confidence in my abilities and I suppose I'm more of a friend to myself, so I'm able to encourage myself more. I think this has helped me be more switched on to other people's strengths and qualities - to be more empathic and able to see their viewpoint.



Even where things don't go as planned, I have the faith that whatever happens will be OK.

These positive changes in me as a person are reflected in my playing - whether I am improvising, working as part of a duo or playing classical music. It's my spiritual self that is now having the chance to shine through. When nerves come before performances - and they still often do - I am able to take control and become calm. I now enjoy giving of myself in performances so much more.

**Jonathan Lazell, 29, is one of a team from Sheffield Brahma Kumaris that prepares and host a weekly show on Burngreave Community Radio (Saturdays 9-10am on 103.1 FM and [www.bcr1031fm.com](http://www.bcr1031fm.com)).**

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The Brahma Kumaris World Spiritual University (UK) teaches Raja Yoga as a way of experiencing peace of mind and a positive approach to life.

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CELEBRATING  
40 YEARS IN THE UK  
Brahma Kumaris  
Bringing Spirituality To Life



**Next issue:  
Bringing Spirituality  
To Life**